



SWADHINA

ANNUAL

REPORT

2021-22



SWADHINA
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TRIBAL WOMEN'S DEVELOPMENT THROUGH ORGANIC FAMILY VEGETABLE GARDENS AND EDUCATION PROMOTION

Region: East Singbhum, Jharkhand, India
PROJECT IMPLEMENTATION & IMPACT REPORT

Project Background

This project entitled: **TRIBAL WOMEN'S DEVELOPMENT THROUGH ORGANIC FARMING AND EDUCATION PROMOTION PROGRAM** is implemented in the remote tribal areas of East Singbhum region in Jharkhand, India. The project is supported and funded by : Europe-Third World Association. The proect is implemented by SWADHINA.

The Project is a three year duration project, initiating in July 2020 and would continue till June 2023. The project has already covered two years of implementation and is currently in its third year.

The primary stakeholders are the rural, marginalized women and children of the extremely rural areas of this region. What is pertinent to note is that the families all live under the decided Poverty Line index by the Government of India.

The project is implemented to address two crucial issues identified as a primary problem of the region: lack of knowledge and practice of effective utilization of available land in the region and lack of a streamlined education system that helps children to pursue their education well and prevent them from being drop-outs.

The project seeks to build a system that can effectively address these concerns and can contribute to the overall socio-economic development of the area through women and the younger children.

The project has two-fold objectives :

- Support the enhancement of family vegetable cultivation using the organic farming method, with women as the prime growers.
- Motivate continuation of education through education support initiatives aiming to curb school drop-out rate, especially among girls.

UNDERSTANDING AND EVALUATION OF YEAR 2

Year two beginning from July 2021 to June 2022 has been very crucial for the project. One of the major aspects of the year has been how the project has helped the women and children in coping up with the COVID and post-COVID pandemic. Year 2021-22 had been at the crucial juncture of the merger of COVID and post-COVID scenario and the programs covered by the project has been successfully blended in both the scenarios with great social and economic relevance.

Being in the middle of the project period the report here is an attempt at evaluating the impact of the activities on the lives of women and children of the marginalized areas.

FAMILY FARMING PROGRAM: Outcome

The basic objectives of the Family Farming Program was:

- To provide women the access to grow healthy and nutritious vegetables in their backyard to support the hunger and nutrition needs of the family.
- Bringing women to the forefront as food-growers and highlighting their role and giving the control of growing food in their hands.
- Training women to make best use of their land through planned and scientific method of farming.
- Making the farming process 100% organic by use of organic manure and pesticides thus ensuring health and land vitality.
- Involving local women in implementation of these gardens and preparation of manure.
- Encouraging women to effectively use these gardens also as means to earn and get a scope of sustainable income generation.

In the reporting year 100 gardens such gardens were functional. The garden making involved the following process:

- Selection of plots
- Fencing of the plot with nets and bamboo
- Soil treatment and application of organic manure from compost pit
- Seed selection and distribution
- Planting of seeds

We conducted a study and evaluation of the family gardens implemented and the following learnings evolved:

- Women took a very proactive role, even in fencing of the gardens. They assisted the labourers in construction of the fences and preparation of the land.
- Most of the families were very encouraging about the initiative. The men of the family too came forward to assist the women in tending and taking care of the garden.
- The gardens were immensely beneficial to the families in the COVID and post-COVID scenario because for most families these gardens were the sole source of food. The women and men mostly work as labourers and due to the pandemic situation most families did not have enough money to buy food. This garden was definitely a blessing.
- There were many families who earlier survived mostly on rice, pulses and potatoes. These gardens on the other hand offered them a wide variety of vegetables, thus enhancing their nutrition intake.
- The local women's committees took active initiation in organic manure preparation and distribution.
- Most women have already had two cycles of agriculture produce. They also preserved seeds and have planted fresh vegetables. This has made the gardens a sustainable and viable income generation option for them as well.
- What was best about the entire process was the outcome it generated. The women who grew the vegetables not only consumed the vegetables, they had surplus beyond it and they sold the same in the local market. This, for the first time, gave them money that was their own. Majority of them used them to buy things that would enhance their income generation further – like purchase of domestic animals. Many used them for education of their children. Some used it during medical emergencies or for house repair. During the pandemic scenario when most of these families did not have adequate source of income, it is the women who came forward to support their families with their income from these gardens.
- There has been an overall enhancement in the socio-economic status of the women. They are now proud owners of a plot of land, they now have recognition as food-growers, and they also have economically strengthened themselves.

FAMILY FARMING PROGRAM: How it helped the women

Here is a brief outlook of how the family garden has helped the women in their lives:

1) Golapi Mahato (Amlaghutu) : Golapi belongs to a very poor family. The family kitchen garden has been her source of food and nutrition. From pumpkin to ladies-finger – she grew a wide variety of vegetables. She not only consumed vegetables but also sold surplus vegetables. She sold vegetables worth Rs.5200, of which she used Rs.4300 to repair her house which was in bad condition.

2) Monjura Mahato (Amlaghutu) : Monjura's family solely depends on the garden for their supply of daily vegetables. Earlier they hardly consumed vegetables regularly, pulses and rice was their only staple diet. Now they eat vegetables daily. This has

improved their nutrition intake. She also sold surplus vegetables. From the profit that she earned of Rs.4200, she purchased a goat. This has helped in improving her additional scope of income generation.

3) Niyoti Majhi (Amlaghutu): Niyoti Majhi has struggled a lot all through her life. The family kitchen garden has provided her a better life. She has not only gained an access to a plot of land of her own, she is the proud owner of all that she grows there. She has sold surplus vegetables worth Rs.5650, of which she has used Rs.4500 to invest on a bicycle purchase. All her family members use this bicycle, including herself.

4) Meera Mahato (Amlaghutu): The little family garden that Meera Mahato owned became very useful to her in the time of crisis. The garden that she owned not only gave her food but the sale of surplus vegetables made it possible for her to give treatment for her ailing husband. By selling the surplus vegetables she had got a profit of Rs.5700, of which she used Rs.4500 for the treatment of her husband.

5) Jashoda Mahato (Amlaghutu): Jashoda Mahato regularly uses the vegetables from her garden for the nutrition need of her family. She too loves eating a variety of vegetables, especially spinach. Her garden gave her so much produce that she was able to sell those and get a profit of Rs.5800. Her son needed money for enrolment for higher studies, Jashoda gave him Rs.4200 from her savings for his higher studies.

6) Shefali Mahato (Amlaghutu): Shefali grew different types of vegetables in her garden. From Brinjal to Pumpkin – she can now eat different vegetables and does not have to purchase from the market. She sells the surplus vegetables too. This year she sold vegetables worth Rs.5800. She used it for repairing the roof of her house.

7) Anita Mahato (Amlaghutu): Anita could provide good, nutritious food for her children, thanks to the family kitchen garden. She could also get surplus vegetables that she sold in the market for around Rs.4900, of which she used Rs.4250 for the regular education expenses of her son.

8) Sheela Majhi (Amlaghutu): Sheela Majhi's family is very poor. This garden has been a blessing to her. She is now able to give herself and her family good nutrition daily. Not

just this, she now is a proud owner of a goat that she purchased with the profit money from the surplus sale of the vegetables of the garden.

9) Janaki Majhi (Amlaghutu): The family kitchen garden has been able to provide regular supply of vegetables to this poor family. The plot of land is a pride for Janaki. She could also sell surplus vegetables for about Rs.5600. What a moment of pride it was for Janaki to be able to provide around Rs.4500 towards the education of her grandchild.

10) Basanti Mahato (Samarjobra): Regular supply of vegetables for the family comes from Basanti's plot of land. They do not have any other source to obtain good vegetables. Her family not only got fresh vegetables but also money from the sale of these vegetables. She sold vegetables with a profit of about Rs.5200 this season. She used a large part of this to repair her home.

11) Bijoli Mahato (Samarjobra): Bijoli's family is extremely poor. Earlier they were hardly able to buy any vegetables from the market. Now they are able to get good vegetables – in quantity and quality from the plot. There were also surplus vegetables that she could sell. She sold vegetables worth about Rs.4900. From this she could buy a goat for additional income for about Rs.4500.

12) Asharani Mahato (Samarjobra): Brinjal, Okra, Tomatoes, variety of Spinach and Pumpkin were among the different types of vegetables grown in her family kitchen garden. They use such colorful, nutritious vegetables for their daily consumption. She has also sold the surplus vegetables for about Rs.4650. Of this, she has invested Rs.4100 for paddy cultivation in their small piece of agricultural land.

13) Kokila Mahato (Samarjobra): Kokila could provide fresh vegetables to her family of four members. Her vegetables were the chief source of nutrition for the family. Apart from this, Kokila also sold the surplus vegetables for Rs.5650. From this she contributed around Rs.4000 during a medical need of her father-in-law.

14) Kalpana Mahato (Samarjobra): The family kitchen garden has been the steady source of good food for the family. Due to the usage of pure organic manure, the quality of vegetables is also very good. This keeps the family healthy. Kalpana also sold some

surplus vegetables for Rs.4600. When her mother-in-law was hospitalized, Kalpana could use this money for her treatment.

15) Montu Mahahto (Samarjobra): Montu never had imagined how much of support her little plot of land would be to her family! It not just provided healthy source of nutrition to the family, it also supported Montu when her grandson had an accident. Money was much needed and Montu could provide Rs.4500 immediately which she had obtained from her vegetable sale.

16) Kalyani Mahato (Samarjobra): The plot of family kitchen garden provided good food for the family. There were also surplus vegetables which were sold by Kalyani for around Rs.4800. From this she utilized Rs.4400 to buy a goat for her additional income generation.

17) Chanchala Mahato (Samarjobra): Chanchala gets her regular vegetables from her family kitchen garden plot. She does not need to go to the market to procure vegetables. She got Rs.4500 from sale of her own surplus vegetables at the local market. With this money she has purchased door for her house.

18) Pera Mahato (Samarjobra) : With her dedication and hard work Pera could improve the health of her family. She is able to provide good and healthy vegetables regularly to her family. She also sold the surplus vegetables for Rs.4800. From this profit she invested Rs.4500 for purchase of goat. This way she is able to enhance her income generation possibilities.

19) Jamuna Mahato (Samarjobra): Her kitchen garden has been a blessing to Jamuna, not just in terms of providing vegetables but by also providing additional nutrition in the form of eggs. She used the vegetables for the consumption of her family. By selling the surplus vegetables, she purchased two hens worth Rs.4900. Now her children are getting additional nutrition in the form of eggs as well.

20) Sukurmoni Murmu (Kanku): The Murmu family is a very poor family and Sukurmoni's kitchen garden has been a great benefit to the family. They eat vegetables solely from this garden. This apart, she also sold a small portion of her vegetables for Rs.

5600. When her father-in-law was sick, she spent money from this for his treatment. He feels very thankful that Sukurmoni could help the family during the time of need.

21) Fulmoni Mahato (Kanku): Fulmoni's family do not have any land of their own, hence whatever vegetables they need is obtained from this family kitchen garden. This not only provides them food but also provide income on and off. This gives them enough money for sustenance.

22) Niyoti Soren (Bordih): Due to the kitchen garden, Niyoti could give nutritious food to her family. She had surplus vegetables that she sold for a profit Rs.5200. She used it for the education of children.

23) Mahoki Soren (Bordih): Mahoki could get good supply of vegetables from her garden. She gained profit of Rs.5400 by selling surplus vegetables. She bought two hens with this. Now she is getting eggs daily for family.

24) Gudali Mahato (Bordih): She has a big family which receives regular source of nutritious food from her garden. She also got profit of Rs.4500 from surplus sale of vegetables. This she saved and when time came she contributed to education of grandchildren.

25) Poornima Mahato (Bordih): The entire family gets good vegetables from the garden. This helps in the health of the family. She got Rs.5200 as sale of surplus vegetables. This money was very useful. This she used it for the treatment of her father-in-law.

26) Lakshmirani Mahato (Bordih): Lakshmirani is very thankful for this garden as it gives her a regular source of very healthy vegetables. She also got many additional vegetables that she sold. She got a surplus profit of Rs.4270 She bought goat with that for income generation.

27) Jayanti Mahato (Bordih): The family earlier hardly used to eat good vegetables. Now they eat vegetables daily. She also sold additional vegetables. Got Rs. 4600 as surplus sale. This money was used for the repair of her broken house.

28) Kalpana Mahato (Bordih): Kalpana got different variety of vegetables from the garden. Earlier the family used to mostly eat potatoes. Now they eat green and coloured

vegetables. The garden gave enough for sale too. She got Rs.4700 as surplus profit. She bought goat with that.

29) Sadhana Mahato (Bordih): The garden produced a lot of vegetables. It was not just enough for consumption but also for sale. She got Rs.5600 as surplus sale. With this she purchased a paddy thresher machine.

30) Basanti Soren (Bordih): Basanti can provide good supply of nutrition to herself and her children. There was also enough for her to sell. She got Rs.4300 as surplus sale. She used this for education of children.

31) Padmavati Mahato (Samarjobra): She feels very happy that her garden gives her a regular supply of vegetables. She also sold the additional vegetables for Rs.2500 as surplus. She used this for house repair.

32) Putuna Mahato (Samarjobra): The family got good source of vegetables. Due to the usage of organic manure, the vegetables are of high quality. She also got Rs.3200 from sale of surplus vegetables. She used this for education of children.

33) Sabitri Mahato (Samarjobra): The garden gave the family multiple benefits. Not only do they get the vegetables daily but could also sell some surplus vegetables. From this she got Rs.4100 as surplus sale. She purchased two hens with this money. Now the family is also getting eggs regularly from this source.

34) Padma Mahato (Samarjobra): Padma's family is very appreciative of her efforts to build the kitchen garden. It has been a constant source of food for the family. The family got Rs.3500 as surplus sale. Being very poor this money has helped them a lot.

35) Kabita Mahato (Samarjobra): Kabita has been able to give good and healthy food to herself and her family. She also sold the additional vegetables and got Rs.4400 as surplus income. This she used for education of children.

36) Binapani Mahato (Hurumbil): Binapani is very happy with her garden as it gave the family a supply of food during the time of crisis. She also sold additional vegetables at the local market and got Rs.5200 as surplus profit. She bought a cow with that. It has opened scope of additional income for her.

37) Alochana Mahato (Hurumbil): She not only was able to provide good vegetables to her family but her garden was the source of income with which she repaired her house. By selling surplus vegetables she got Rs.5000 as profit. She repaired her broken home with that.

38) Renuka Mahato (Geruala): Renuka has a big family hence getting regular supply of vegetables was very vital for her. This garden was very helpful in nutrition. The profit from the garden by selling surplus vegetables for Rs.4300 took care of medical expenses of mother-in-law and father-in-law.

39) Padmavati Mahato (Geruala): Padmavati used the produce from her garden to provide food for her family. She did not have to buy anything from the market. She got Rs.4500 as surplus profit. She repaired home with that.

40) Saraswati Mahato (Geruala): Saraswati's children enjoys the fresh vegetables and she never forgets to give them vegetables daily. She got Rs.4200 as sale from vegetables. She bought goat with that as a source of additional income.

41) Renuka Mahato (Geruala): Renuka Mahato is very thankful for her garden. It not just gave her food but also money to buy something special. She got Rs.4350 profit from sale of vegetables. Part of money she used for bicycle purchase for son to go to school.

42) Sujata Mahato (Geruala): This garden has provided scope for good as well as additional income generation. Like it has done for Sujata. She got ample vegetables from the garden. Additional sale of the vegetables also gave a profit of Rs.4500. With this she purchased two ducks for egg consumption and sale.

43) Angoori Mahato (Geruala): Vegetables from the garden is a daily supply of food for the family. She also sold Rs.5000 worth of vegetables for profit. With this she repaired house and purchased household goods as well.

44) Shantirani Mahato (Geruala): Like others, Shantirani too consumed a majority of the produce and sold the surplus. She sold Rs.4800 worth of vegetables with which she purchased goat. She also used the rest for the education of her children.

45) Chhobirani Mahato (Geruala): Chhobirani loves to eat the vegetables from the garden which she tended of her own. She distributed some among her neighbours and sold the rest. She got Rs. 3800 as surplus profit. This she used it to purchase goat.

46) Bharati Mahato (Poradih): The produce from the garden is mainly used for family consumption. She used the rest for sale and got Rs.5500 as profit. The best thing is that she used it for higher studies of daughter. Her daughter is now appearing for Higher Secondary board exams.

47) Basanti Mahato (Poradih): Basanti used the vegetables for daily use of her family. She also sold vegetables for Rs.5500 and used Rs.4500 out of it to buy goat.

48) Lasika Mahato (Poradih): Lasika's garden provided her with a lot of vegetables. She Sold surplus vegetables worth Rs. 6100 and used part of it for house repair.

49) Sandhya Mahato (Poradih): Sandhya could get fresh vegetables daily. From green chillies to brinjal, her garden has been her ready source of food. Sandhya also sold surplus vegetables for a profit of Rs. 4800. With this money she enrolled her son for computer education.

50) Bandana Mahato (Poradih): Bandana does not need to go to market to buy vegwetables any more. Her garden provides all that she needs. She sold additional vegetables and got Rs.5000/ as profit. She bought two ducks for use of income generation from this. She also bought books for her children.

51) Radhika Mahato (Hutupathar): Radhika is very happy with her garden as it saves her the need to go any other place for vegetable supply. She gives good vegetables to her family. By selling the additional vegetables, she also got a profit of Rs.4200/-. With this she purchased goat for additional income-generation.

52) Prathami Mahato (Poradih): Prathami's plot of land gave her food as well as additional vegetables for sale. She sold additional vegetables worth Rs. 3900 as profit. With this she could provide treatment and medicines to her ailing mother-in-law.

53) Jabarani Mahato (Poradih): Jabarani relies on her garden alone for supply of vegetables. She also got Rs.4100 as profit from surplus sale of vegetables. This she used for the education of her children.

54) Jilapi Mahato (Poradih): She feels that the taste of her vegetables are very good due to the usage of pure, organic manure. She also got Rs.4250 as profit from sale of additional vegetables. She bought two ducks with this. She gives duck eggs to her children.

55) Chandana Mahato (Poradih): Chandana used the vegetables for daily consumption. She got Rs.4700 as sale from surplus vegetables. This she used to purchase goat.

56) Uttara Singh (Chirudih): Uttara's garden was helpful to her in providing good nutrition. Uttara got Rs.6000 as profit and used it for repair of her house.

57) Tabiran Bibi (Chirudih): It is unusual for the women of her family to own a plot of land for herself, so she is very happy that she has a garden all by herself. She gave fresh vegetables to her husband, she also sold surplus vegetables for Rs.5400 and used part of this money to buy goat for the family.

58) Anjaman Bibi (Chirudih): Anjaman is very proud of the fact that her garden provides food and surplus income as well. She received Rs.5000 as surplus profit. She used it to buy a bicycle for her children to commute to school.

59) Kalpana Singh (Chirudih): Kalpana's plot of land has been a blessing for her. It produces very good vegetables. She also got Rs.5600 as surplus profit. She used the money to pay long overdue bills of electricity.

60) Renuka Mahato (Chirudih): Her garden gave Renuka the opportunity to earn from the garden as well. She got Rs.6100 as profit from sale of surplus vegetables. For the first time she could save some money. This she used for providing education to her children.

61) Sarala Mandi (Hutupathar): Sarala helped her poor family with good nutrition with supply of vegetables from her garden. She also sold surplus vegetables for Rs.4500. Of this she used Rs.2900 to purchase baby goat.

62) Anjali Mandi (Hutupathar): Anjali always had a desire to consume good and healthy vegetables. The garden gave her the opportunity to do so. It also gave her surplus vegetables worth Rs. 4100 which she sold at the local market. Of this, she used Rs.3500 during the treatment of father-in-law.

63) Bhubaneswari Mandi (Hutupathar) : The family garden provided a bountiful for the poor family. She also sold vegetables for Rs.4500. From this she bought goat for Rs.4000. This gives her scope for additional income.

64) Kabita Mahato (Chirudih): Kabita is very concerned about her children. The garden gave her fresh vegetables to give to herself and her children. She also sold surplus vegetables for Rs.4500. of this, she used Rs.3500 for providing education to her children. She is very happy with her success.

65) Shikharani Mahato (Chirudih): Pumpkin, bitter-gourd, ladies-finger, amaranthus – her garden provided her with different types of vegetable. She sold the surplus vegetables for Rs.4700. She saved a bit of the money and used the rest for the education of her two children.

66) Fulmoni Mandi (Fuljharna): Fulmoni could get good vegetables which her family relished. They hardly had vegetables earlier. Now they have daily. She also sold surplus vegetables for Rs. 4500. Of this she used Rs.3800 for enrollment of her child to school and purchase of books.

67) Furki Mahato (Fuljharna): She got good vegetables from garden which they consumed. She sold surplus vegetables for Rs.5600, of which used Rs.4500 to buy goat for additional income generation.

68) Churamoni Mandi (Fuljharna): They are a very poor family, hence the garden is their sole source of income. She also sold surplus vegetables for Rs.4000. This she used to buy a bicycle for herself.

69) Manju Mandi (Fuljharna): Manju got good quantity of vegetables from her garden. She also sold all surplus vegetables for Rs. 4000 which she used for the treatment of her father-in-law.

70) Srimati Mandi (Fuljharna): They are a very poor family. Due to the garden she could give good food to her children. She also sold surplus vegetables for Rs.2800. This she used to buy a baby goat for income generation.

71) Sananka Mandi (Fuljharna): The garden is the only source of nutrition for the family. She is very grateful for this. Additionally she also sold vegetables for Rs.4550. Of this she used around Rs.3900 for the education of her children.

72) Rupumoni Mandi (Fuljharna): Rupumoni gets healthy vegetables from her garden. There were excess vegetables which she sold for Rs. 4200. When her husband suddenly fell ill, she used this money for his treatment.

73) Binoti Hansda (Fuljharna): Binoti is very enterprising. She ate the vegetables, sold the additional ones and also purchased a pig with the profit for additional income. She sold surplus vegetables for Rs.4500. Of this she used Rs. 3300 for purchase of pig.

74) Parboti Hembram (Fuljharna): Parboti got very good quantity vegetables for regular consumption. She sold surplus vegetables for Rs.4550. She purchased a household item and used the remaining for purchase of goat for Rs.4100.

75) Srimati Hembram (Fuljharna): They are a very poor family. They get their basic vegetables from garden. So much was her produce that she also had surplus vegetables. She sold these vegetables for Rs.4500. Of this she used Rs.4000 for the education of children.

76) Malati Mahato (Kanku): Malati got very good produce from her garden. Apart from consuming, she also sold vegetables for Rs.5600. Of this, she used Rs.5100 to buy a goat for additional income generation.

77) Bithika Mahato (Kanku): Bithika loves her garden as she get a variety of vegetables from here. She also sold vegetables for Rs.5220. She used Rs. 4500 to buy a bicycle for the family. This is their first ever bicycle.

78) Aloka Mahato (Kanku): Aloka consumed most of the vegetables along with her other family members. Due to the usage of organic manure, the quality and quantity are both

good. She sold additional vegetables worth Rs. 5400. Of this she used Rs.4800 to buy goat for rearing.

79) Mithila Mahato (Kanku): Like the others, Mithila too had enough to eat as well as to sell. She sold vegetables for Rs.5500 of which used Rs.5200 for the education of her children.

80) Sujata Mahato (Geruala): This garden has been very lucky for Sujata. She no longer has to purchase vegetables from the market. She also sold excess vegetables worth Rs.4800, of which she bought five hens for income generation as well as for egg supply for the family.

81) Bela Mahato (Geruala): Bela Mahato gets very healthy vegetables from her garden for daily use. She sold surplus vegetables for about Rs.5200 of which she used Rs. 4600 towards education of children.

82) Kabita Mahato (Chirudih): Kabita's garden provided huge quantity of vegetables. So she decided to sell some. She sold surplus vegetables for Rs.5800. Part of the money she saved and used the rest to purchase goat for the family.

83) Arati Mahato (Chirudih): Arati could give enough supply of food to her family from the garden. She got Rs.5700 from sale of vegetables. She saved a bit and used the rest for children's education.

84) Shefali Mahato (Chirudih): Like others, Shefali too had a wonderful produce from her garden. Even after consuming, there was enough surplus for sale. She sold vegetables worth Rs.7500. Used a part of that to pay her pending electricity bills.

85) Ganga Singh (Chirudih): Ganga Singh provided ample quantity of vegetables to her family. She also sold vegetables for around Rs. 5500. She used the money to purchase goat for Rs.4800.

86) Lakshmi Singh (Chirudih): Lakshmi could manage to give a lot of vegetables to her family. The family hardly consumed good vegetables earlier. She also sold vegetables for Rs. 6500. She used the money to buy goat for Rs.5000.

87) Alpana Mahato (Samarjobra): Good quantity of vegetables were obtained from the garden. The family ate most of the vegetables. She also sold vegetables worth Rs. 5300. From this she bought a goat for Rs.4500.

88) Kabita Mahato (Samarjobra): Kabita is thankful for the garden as it gave food as well as scope of education for her children. She sold surplus vegetables for Rs.4600. She used Rs.4500 for education of children.

89) Sabitri Mahato (Samarjobra): The garden has been of much help to Sabitri. She has unlimited supply of vegetables. She also sold vegetables worth Rs.5200 which she used to buy a paddy thresher machine.

90) Bipula Mahato (Samarjobra): Bipula Mahato got food as well as money to save from the garden. She gave good food to her. She has also sold vegetables for Rs. 5200. Part of this she has saved and the rest she has used for the education of her children.

91) Niyoti Mahato (Samarjobra): Niyoti had adequate supply of daily vegetables from the garden. She sold surplus vegetables worth Rs.4600 which she used for the education of her children.

92) Nandita Mahato (Samarjobra): Nandita could be of great support to her family. She gave them fresh vegetables from the garden. She sold vegetables for Rs.5000 of which she used Rs.4500 for her family needs and purchasing school books of her children.

93) Kalpana Mahato (Samarjobra): Kalpana gets regular supply of vegetables from her garden. She sold vegetables for Rs.4650 with which she purchased two ducks which provides eggs for the family. So, her family gets additional nutrition as well.

94) Manju Mahato (Samarjobra): Manju relies on the garden for her source of nutrition. She also sold surplus vegetables for Rs. 4700. She contributed this towards the medical check-up of her father-in-law when he became sick.

95) Swarnalata Mahato (Samarjobra): Swarnalata loves to have fresh vegetables from the garden. She is also assured that the vegetables are chemical-free. She got Rs.5100 from the sale of vegetables which she used for the education of her children.

96) Ashtami Mahato (Samarjobra): The garden provides regular vegetables for consumption. She also sold vegetables for Rs.5200 and contributed Rs.4600 for repair of her house.

97) Sabitri Mahato (Bordih): Sabitri got enough vegetables to cater to the need of her family. She earned Rs.4350 from sale of surplus vegetables which she used to purchase books for children and paying their fees.

98) Kabita Mahato (Chirudih): Nutritious vegetables are always handy in her garden. This apart, she also earned Rs.4100 from surplus sale of vegetables. She used it for sending children to school and also purchased two ducks for eggs.

99)

ORGANIC FARMING TRAINING: Outcome

Organic Farming Training has been the cornerstone of the Kitchen Garden Program. The objectives have been to:

- Train the women in preparing compost pits for organic manure production
- Train the women on right and scientific methodology to follow organic farming
- Provide awareness on the need to embrace organic farming for better land vitality
- Encourage local women to produce organic manure for use in their fields.
- Encourage the stakeholders to have their own compost pits.

In this period One TOT (Training of Trainers) was organised at Ghatsila in the presence of 25 women leaders in October 2021. This was followed by 15 village-based orientations. The trainings included powerpoint presentations, flex banner presentations, booklet presentations, general discussion and live demo on compost pit preparation.

Following this, a field-demo area has also been made in Chirudih village for live demo of organic farming methods.

The training followed three steps:

- Centralised Training Of Trainers
- Field-level Trainings & Awareness Building
- Compost pit preparation
- Organic Manure distribution

The outcome of the training can be enumerated as:

- All the women stakeholders adhered to organic manure and pesticides to develop their farm
- Women's Committee Members took active role in organic farming promotion, including distribution of organic manure
- Looking at the result of the farm produce, many other families have inclined towards organic farming
- Most families can now have fresh, farm vegetables free of harmful chemicals
- Women are growing good vegetables using less costly compost as against expensive chemical fertilizers and pesticides.
- The methods are also not compromising on the health of the women and also has a positive impact on the environment.
- Those who have got good benefits are encouraging the others to resort to organic farming.

EDUCATION SUPPORT PROGRAM: Outcome

The basic objectives of the Education Support Program was:

- Provide educational guidance to school-going children who do not have adequate guidance at home
- Encourage children to not become drop-outs from the fear of studies or lack of support at home
- Encourage children to work towards self-improvement, including building dreams for themselves.
- Encourage children to take part in different social activities
- Involve the children in special programs to provide a happy childhood

In the reporting period five centers functioned very well, providing education support to children between the ages of 10 to 15 years. The center functions five days a week for two hours. The best part was when most schools closed down due to the second phase

of the pandemic, the instructors of these education centers took efforts to reach out to the children and helped them in continuing their education, following every COVID precaution. They visited door to door and gave them study-work or assisted them with their studies.

During the period the children also participated in several activities such as:

- Independence Day Program
- Village-cleanliness Drive
- Nutrition Awareness Program
- Children's Day Program

While evaluating the performance of the students, the situational background and after talking to their parents the following were found to be the success points:

- During the pandemic times when the schools remained closed, and there was no provision of online education due to the remoteness of the places, the instructors of these centers ensured that the children continued their education. This ensured that when the schools reopened, these children were able to cope up with their studies.
- Most of the parents being illiterate or very less knowledge of studies, guidance at home was a huge challenge. Many children did very poorly earlier. The centers helped change the entire scenario.
- Parents are now less worried about their children's performance and are assured of continued education.
- Many children who were reluctant to go to school earlier now go to school regularly.
- Every child now has a dream. They now talk about becoming teachers, health workers, police personnel and so on. No one talks about leaving studies mid-way
- This has specially helped the girl children to think of education as a way to become successful, rather than thinking of marriage as their only option.
- Since the classes are a mixed one with different age groups, it is wonderful to observe how the elders also take out time from their studies to help their young ones.
- These centers have kept the children successfully engaged in the post-school hours. Most of their parents being labourers, they stay out of home for long hours. The children earlier used to wander off here and there during the post-school hours. Now they not just study in these centers, they also play here and spend time with each other.
- Observance of various days have included singing songs, reciting poems, participating in speech contests etc. This has immensely boosted their confidence.

EDUCATION SUPPORT PROGRAM: How it helped the Children

1) Center: Latiya Name: Sameer Gope Parents: Laxman and Kamini Gope

Belongs to a poor family where father is a labourer. Parents are not educated. Goes to local government school in class IV. Could not cope up with studies earlier, now is a regular at Swadhina Education Support Center. Excels in studies now and did good results in recent examination. He wants to be a government officer.

2) Center: Latiya Name: Prasanta Mondal Parents: Dilip and Shibani Mondal

They are two brothers and sisters and studies in class II. Father is a labourer. Mother is a housemaid. Does very well in studies. Wants to be a doctor when he grows up.

3) Center: Latiya Name: Krishan Manna Parents: Subhash and Kalyani Manna.

They are two brothers and sisters. He studies in class V. Father died when he was 3 years old. Mother works as a household help. Mother is illiterate. He could not do English and Mathematics at all earlier. Now does very well in class. Wants to study and help mother when he grows up.

4) Center: Kamarpara Name: Mallika Mahato Parents: Krishnapada and Shitala Mahato

Father is an agricultural labourer. Mother is a homemaker. Could not cope up with studies earlier. Currently in Class V and doing very well in studies. Wants to be a political leader.

5) Center: Kamarpara Name: Rachana Das Parents: Nitai and Nipura Das

Parents are domestic help. In Class IV right now. Used to hate going to school earlier as he could not follow much in class. Now he does very well in studies. Wants to be a nurse when she grows up.

6) Center: Kamarpara Name: Malati Mahato Parents: Krishnapada and Sitala Mahato

Father is an agricultural labourer. Mother is a homemaker. Parents did not have much of education hence they could not guide her. Even though she wanted to study well, she was helpless. Now she feels happy with the guidance. She wants to be a health worker when she grows up.

7) Center: Kamarpara Name: Babita Das Parents: Laxmikant and Mayarani Das

Her father is a driver, while mother works at home. She is in class IV right now. Her parents were not educated enough to guide her with her school studies. With good guidance from education center, she is doing well. She wants to become a health worker when she grows up.

8) Center: Kamarpara Name: Sunita Sahis Parents: Nandalal and Menoka Sahis

Father is a poor mason. Mother is a homemaker. She is in class III now. Does very well in class. Wants to be a police when she grows up.

9) Center: Kamarpara Name: Chiranjit Pramanik Parents: Swapan and Mamata Pramanik

Father works in a saloon, mother is a homemaker. He studies in class IV. Earlier he could not do well in school. Now gets good marks regularly. He aspires to be a Police officer.

10) Center: Kamarpara Name: Pranab Sahis Parents: Jagdeesh and Lakshmi Sahis

Father is a homeguard, mother is a nurse. Parents do not have the time to guide. He is in class IV and does very well due to the education support he receives. He wants to be a teacher when he grows up.

11) Center: Kamarpara Name: Sachin Mahato Parents: Sarat and Sanaka Mahato

Both parents are agricultural labourers. They are illiterate. He is in class IV and wants to study well. Since his parents can't help him much with studies, the education support center has been of much support to him. He wants to utilize his education for agriculture.

12) Center: Kamarpara Name: Thakurdas Mahato Parents: Dhananjay and Dipali Mahahto

Parents are agricultural labourers and illiterate. He is in class IV. He is not only good in studies but also in art. Wants to be an artist when he grows up.

13) Center: Kamarpara Name: Jayanta Das Parents: Laxmikanta and Maya Das

Father is a driver. Mother is a domestic help. Studies in Class II. Earlier had no inclination in studying. Now does very well in class. Wants to be a businessman when he grows up.

14) Center: Chirudih Name: Sumitra Mahato Parents: Shravan and Jyotsna Mahato

Mother is a domestic help and father is a mason. She is in class III. Earlier she was not doing well in her studies. Now studies very well. Wants to be a nurse when she grows up.

15) Center: Chirudih Name: Shikha Mahato Parents: Ashwini and Anita Mahato

Father is an agriculture worker and mother is a homemaker. Parents are illiterate. She is in class III. Earlier she could not cope up with her school studies as her parents had no idea to guide. Now does very well in school.

16) Center: Chirudih Name: Saraswati Mahato Parents: Kabiraj and Kavita Mahato

Father is mentally unstable. Mother is a labourer. She is in class IV and has good interest towards studies. She wants to go to big school for higher studies. The education support center has helped her dream big.

17) Center: Chirudih Name: Annapurna Mahato Parents: Anil and Pushpabala Mahato
Father is a panchayat leader and mother is a home-maker. Was poor in studies earlier. Now does very well in class IV. Wants to be a teacher when she grows up.

18) Center: Chirudih Name: Chhabi Karmakar Parents: Parimal and Shanti Karmakar
Both parents are agricultural labourers. She is good in studies. With proper guidance does very well in class. Wants to be a health worker when she grows up.

19) Center: Chirudih Name: Arbin Mahato Parents: Bhabataron and Kabita Mahato
Both are agricultural labourers. He was a good student but lacked guidance. Parents are less educated hence could not guide him. Now performs very well. Wants to be a teacher when he grows up.

20) Center: Chirudih Name: Satyajit Mahato Parents: Shrabon and Jyotsna Mahato
He is in class II. Father is a mason. Mother is a homemaker. Parents are illiterate. With no one to help in his studies, he was having difficulty. Now does fairly well in school.

21) Center: Chirudih Name: Chiranjeet Mahato Parents: Gurucharan and Golapi Mahato
Father is a mason, mother is a homemaker. He is in class III. Studies very well. Wants to be a teacher when he grows up.

22) Center: Chirudih Name: Imraz Ansari Parents: Idris Ansari and Sabina Bibi
Parents are agricultural labourers. He was very poor in studies earlier. Now with adequate guidance he studies well. Wants to be a businessman when he grows up.

23) Center: Chirudih Name: Shahjahan Ansari Parents: Sujan Ansari and Ruksana Bibi
Father is a migrant labourer while mother stays alone and cannot guide him. He is in class III. He has done very well in studies. Wants to be a doctor when he grows up.

24) Center: Latiya Name: Deepa Gope Parents: Lakshman and Dipali Gope
Father is a street vendor. Her mother is a home maker. Father hardly has time to guide while mother is not much educated. She is in class II and does well in school due to guidance of education center. Wants to be a nurse when she grows up.

25) Center: Latiya Name: Manisha Gope Parents: Bablu and Gita Gope
Her father died when she was very young. Mother is a labourer and has no opportunity to guide the child. She goes to class I and is able to do her studies due to the guidance of the center. She wants to be a teacher when she grows up.

26) Center: Kanku Name: Tumpa Mahato Parents: Lakshmikanto and Durga Mahato
Parents are agricultural labourers. She is in Class VI. Did not have any interest in studies earlier but now studies very well. Wants to be a nurse when she grows up.

27) Center: Kanku Name: Khokon Singh Parents: Ranjan and Sumitra Singh
Both the parents are agricultural labourers. He is in class VII now. He was so weak in studies that he did not even know how to write properly. Now he does quite well. He wants to be a businessman when he grows up.

28) Center: Kanku Name: Kamala Karmakar Parents: Ganesh and Golapi Karmakar
Both parents are labourers. He is in Class VII. Earlier he had no interest in studies. But now studies very well and wants to be a social worker.

29) Center: Kanku Name: Khukumoni Tudu Parents: Krishna and Lakshmimoni Tudu
Her parents are labourers. She is in class VII. Earlier she was not doing well but after the support of the center she is now getting good marks. She wants to be a teacher.

30) Center: Kanku Name: Nabakishore Mahato Parents: Jadupada and Akali Mahato
He is in class V. Both parents are agricultural labourers. He did not want to go to school earlier because he could not cope up with studies. Now goes to school regularly. He wants to be a teacher when he grows up.

31) Center: Kanku Name: Rinku Mahahto Parents: Ghanashyam and Latika Mahato
Both the parents are agricultural labourers. Currently studies in class-IV. She scored good marks in his school examination. When she grows up she wishes to be a teacher.

32) Center: Kanku Name: Srimati Hembram Parents: Satilal and Malati Hembram
Both parents are labourers and both hardly know how to sign their names. She studies in VIIth class. At one point of time she wanted to leave studies as she could not cope up. Now she does very well in her studies. She wants to be a nurse when she grows up.

33) Center: Kanku Name: Uday Tudu Parents: Jhorey & Malati Tudu
Both his parents are labourers. He studies in Class V now. He wants to be a businessman when he grows up.

34) Center: Hurumbil Name: Monika Mahahto Parents: Bahadur & Sumitra Mahato
Parents are daily labourers. She is now in class IV. Her parents only know how to sign their names. Monika does very well in class. She wants to be a teacher.

35) Center: Hurumbil Name: Pakhi Mahato Parents: Bhagirath & Chhobi Mahato
She studies in Class III. Earlier she had no intention to study. Now does very well in class. Wants to be a health worker when she grows up.

36) Center: Kanku Name: Hemlal Mandi Parents: Sisir & Bilasi Mandi

Parents both work as labourers. He is Class-IV right now. He does very well in his school examination. He wants to be a teacher in tribal dialect called Al Chiki.

37) Center: Hurumbil Name: Pratima Mahato Parents: Manoj Kumar & Alomoni Mahato

She is a student of Class-III. Parents are both labourers. Earlier she could hardly write the words properly. Mathematics was also a challenge for her. Now she studies very well and hopes to do very well in class examinations.

38) Center: Hurumbil Name: Rebati Mudi Parents: Sanku & Sakuntala Mudi

Both her parents are labourers. She studies in Class-IV. She had a difficulty in coping up and also had a tough time grasping mathematics. Now she is doing very well.

39) Center: Hurumbil Name: Gurubari Mahato Parents: Dibakar and Saraswati Mahato

Her parents are labourers and illiterate. There was no scope of family guidance. Now she does excellent in studies. She wants to be a teacher.

40) Center: Hurumbil Name: Amrita Karmakar Parents: Muchiram and Renuka

Karmakar

She is in class II now. Both parents are agricultural labourers. She did not find studies interesting earlier as she could not perform well. Now she is studying very well. She wishes to be a social worker when she grows up.





IMPORTANCE OF ORGANIC FARMING



Europe-Third World Association
Implemented by: **SWADHINA**



Organic Farming Training/Orientation included discussions, presentations, awareness materials and practical demo

Note of Thanks

Swadhina wishes to thank the committee members of Europe-Third World Association for their belief in our work. The first year of the project has demonstrated how collective will-power when aptly supported can bring in very visible and remarkable changes. The positive changes that is beginning to happen in the extremely marginalized communities of the regions of Jharkhand, India has been possible only because ETWA supported the endeavour of the women and their families.

Swadhina also wishes to thank the field workers and supervisors for their relentless efforts even in the times of severe pandemic. It is through their efforts that it has been possible to support the local community in the times of severe financial and educational crisis.

The second year has begun with renewed vigor. We really hope to bring in successful changes in the lives of women and children in the lives of the children this year too. We look forward to your continued support.

Reported by: Srichandra MV

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Project Coordination / MIS Documentation: V Mahesh Nair

Report Inputs by: Smriti Sarkar, Saswati Roy, Supta Mukherjee, Laduram Mahato, Papiya Sharma, Prabir Sarkar.

Swadhina Women & Children Health and Sanitation Awareness and Action Project

Supported by ERM Foundation

Implemented by SWADHINA



The project funding has been used for following activities and outcomes:

Type Of Intervention: Training and functioning of water

1.1) monitors who work at the village level, educating villagers about clean water, health and sanitation issues.

Ten monitors were trained on 2nd and 3rd October 2021 at Ghatsila, East Singhbhum. This was followed up by regular orientation trainings through the online mode.

The follow-up action by the water monitors entailed the following activities:

a) Conducting village-based awareness camps to let the villagers know about clean water and related health and sanitation issues -15 such awareness meets were conducted at the villages. Each awareness meet included usage of flex banners, audio messages, and group discussions on the issue.

b) Following it up at the different schools and public places to ensure access to safe drinking water – This included follow-up at 11 educational institutions and 2 Panchayat Bhavans.

c) Working closely with elected representatives of the village administration and keeping an eye on the general sanitary practices, ensuring clean water to all- Each of the monitors conducted inspection of water sources to ensure that there was availability of safe drinking water with hygiene-appropriate actions for water collection and storage.

d) Spreading awareness through visual medium: This included exhibiting water hygiene and related awareness through the display of large flex banners during meets as well as at common places. A video presentation on safe drinking water was also sent to different beneficiaries, including water monitors who showed the same to the villagers. Art contests were also held among students to enhance their awareness on the topic.

1.2) Output: The interventions have resulted in the following outcome:

a) Near about 8000 beneficiaries from the villages practice safe drinking water storage practices. Apart from cleaning the water pot regularly and keeping it covered, they also keep a ladle or a glass to ensure that the water is not polluted.

b) The schools have allotted clean and visible spaces for keeping drinking water for the school children.

c) Being aware of the necessity to keep the surrounding of the water sources clean, the women and children of the villages engaged in a 'Swachhata Abhiyan' on 26th of January 2022 where they cleaned the vicinity of the water sources.

d) Due to monitoring, places that need new tubewells or tubewells that need repair were identified. Coordination was done with the local Panchayat members to ensure speedy attention. As a result 9 tubewells have been repaired and application for repair for 14 tubewells have been submitted.

e) The fact that awareness have seeped in well among the children is also evident. Art contests were held at school of safe drinking water and the children very beautifully depicted the responsibilities we need to take to ensure safe drinking water.

2.1) Type of Intervention: Village level training camps to educate families about COVID-appropriate behaviour, breaking the infection chain, and vaccination.

a) 15 Village-level awareness camps have been organized till date covering 543 participants.

- b) Each of the awareness camps included discussion on COVID appropriate behavior, including live demo of hand washing technique and appropriate mask-wearing.
- c) Camps included discourses by Gram Sahiya (Health Animator of local Govt) on the need to be vaccinated.
- d) Large flex banners and displays were put at public places during the time of Durga Puja and Kali Puja to remind the local residents to resort to COVID norms, especially during the time of festival.
- e) Monitoring and follow-up was done on COVID vaccination, ensuring that all the eligible persons in the areas receive both the doses of vaccination. Such follow-up was also undertaken for Booster doses and Doses for the younger age group.
- f) FAQ based messages on COVID protocols and vaccinations were distributed as soft-copies and via social media.
- g) Children have been made active partners in this campaign by encouraging them to take part in essay contests and art contests on Dos and Don'ts related to COVID.

2.2) Output: The interventions have resulted in the following outputs:

- a) The beneficiaries have visibly improved in their COVID responsive behavior. No beneficiaries attend any public meets, programs or step out in public areas without masks.

Usage of soap and sanitizers, which was much less practiced in these rural areas, have now become a regular norm. Apart from home practices, handwashing and use of sanitizers have become a common scenario at the beginning of any programs or before the initiation of class hours in schools.

- b) Inhibition regarding COVID vaccination have reduced drastically with a majority of the eligible beneficiaries already vaccinated with two doses.

3.1) Type of Intervention: Drinking water and Sanitation Health Programme(DASH) for school children where training for school children took place about importance of clean drinking water, sanitation and hygiene.

- a) Training discourses for children have taken place in 11 educational institutions covering about 540 children. These institutions include: Hurumbil Education Support Center, Mosaboni Sadguru Dhaboni Mahavidyalay, Hurumbil Middle School, Geruala High School, Bondih Binapani Center, Kanku Middle School, Bonkuchia Kamarpara School, Badia Govt School Mosaboni, Benasole Upakramik Vidyalay, Latia Good Hope School, Chirudih Good Hope School.
- b) To improve the level of awareness, essay writing contests and Art Contests on Safe Drinking Water and Hygiene was organized.
- c) The programs also included teachers and superintendents of the school to spread the message of allotting provisions of clean and safe drinking water for the children. The focus has been to promote traditional water storage methods such as earthen pots or metal pots rather than cheap plastic bottles which have become the norm today.
- d) Children were also explained about the need of handwashing after the usage of washroom facilities to prevent enteric diseases.

3.2) Output: The following outputs emerged as a result of the intervention:

- a) Art contests or essay writing contests on such hygiene-specific topics are relatively new in these rural areas, hence it generated a lot of interest among the children. What was important is that the children could very well depict what they had learnt as a part of the trainings.
- b) The involvement of the teachers and headmasters ensured that the awareness was both vertical and horizontally spread with the schools too becoming aware on the need to pay more attention to ensuring provisions for safe drinking water. The schools took it up seriously to ensure safe drinking water for the children.
- c) It also encouraged the students to be aware of the behavioral adaptations they need to do to ensure proper hygiene. It was also interesting for the children to correlate their stomach problems with their poor practices of hygiene and drinking of water from unhealthy sources. For
- d) Wall paintings had to be withheld for the time being due to the COVID protocols in schools.
- e) A COVID related video presentation is also being prepared.

4.1) Type of Intervention: Training and discussions on menstrual hygiene for young girls and women. Following interventions were possible during this project period:

- a) 17 Awareness Meets on Women's Menstrual Health took place so far, covering 460 women.
- b) Awareness Meets included putting up of informative flex posters on the issue through pictorial depiction, especially focusing on removal of stigma surrounding the issue. FAQ based informative leaflets were also distributed.
- c) Not spoken about earlier, the resource persons gave in-depth information on the usage of sanitary napkin – focusing on preparation of low-cost home-made sanitary napkins. The right way of usage and disposal of these napkins was also an important part of the discussion. Demo on right method of making home-made napkins was also provided.
- d) An important focus area of awareness was also the need for nutrition of young girls attaining puberty.
- e) Another prime highlight has also been portraying nutrition as a requisite for building a healthy body and immunity to fight COVID.

4.2) Output: The trainings and discussions have resulted in the following output:

- a) The scope of discussion had been initiated on a topic that was considered a social taboo. Most women who were even reluctant to mention the name of menstrual cycle are now able to talk about it, also discussing on the problems faced by them.
- b) There were lot of myths surrounding menstrual cycle which can directly affect the hygiene of the women, such myths could be dispelled to a large extent.
- c) Young girls are now more comfortable about asking questions and getting their thoughts clarified on the issue.
- d) Disposing of used sanitary pads was one issue that most were not cautious about. That trend has changed. As per the feedback of our field workers, the girls and

women have now an enhanced response level to the proper usage of sanitary napkins and their disposal.

e) A study is being prepared based on the feedback of our field workers on menstrual hygiene practices and the resultant changes.

f) A visual presentation is also being prepared.

g) Efforts are on to provide supply of low-cost, bio-degradable sanitary napkins to the young women at these areas.

5.1) Type of Intervention: Training on 'Nutrimix' preparation and inexpensive Nutritional Food.

a) Training on Nutritional Food was organized on 2nd and 3rd of October 2021. Two follow-up orientations took place in December 2021 and January 2022.

This two-day training included interactive discussion and presentation in the presence of Nutrition expert, Ms Aditi Roy Majumdar. This has been followed up with orientations through online mode in November and December 2021.

b). 6 hands on training for Nutrimix took place where 228 women took part and learnt to make Nutrimix - a low cost nutrition supplement made with locally available resources.

c) Nutrition guidance on balanced and nutritious diet was provided by nutritionist Aditi Roy Majumdar. She gave ideas on how to prepare good and low cost meal using locally available products. She also focused on nutrition as a basic necessity for every young girl attaining puberty, pregnant women and new mothers. Through various presentations she presented the fact that it is a myth that a well-balanced meal is costly. It can be prepared with basic agro and animal products available locally.

d) Nutrition Festival' was organised at 5 places on 29th of December 2021 . Apart from nutrition displays, several types of contests for women was organized. It included preparing of tasty low cost meal using colorful vegetables. Nutrition demonstration of locally grown colorful vegetables was also made to highlight the importance of local resources.

e. Nutrimix has been prepared by local women's groups and samples of Nutrimix have been distributed to women for their families.

f. Several awareness materials have been developed as a result of this. A special power point presentation on Nutrition have been shown to the trainees as a part of learning . Flex banners on nutrition and preparation of Nutrimix have been displayed during meets and during Nutrition Festivals.

g. Easy recipe booklets in local languages are being prepared as hand-outs for local women that will be soon distributed. These would include recipe preparations on nutritious food using locally available resources. These are being developed with the support of the consultant nutritionist.

5.2.) Output: There have been several positive outputs of this program:

a. One very positive output has been the dispelling different myths related to nutrition. Being guided by a nutritionist it was possible to clarify how small changes in food habit could

contribute to a well-balanced meal. Women are now including different produce from their own kitchen garden to provide healthy nutrition to the families.

b. 'Nutrimix' is now a very popular local food given to children and mothers. Being rich and right in nutrition, it has not only contributed to better health of the children, being easy to make, it is also helping the mothers provide wholesome food to the children without investing much time or money.

c. The aspect of inclusion of vegetables and fruits of different colors for enhanced nutrition is a learning for the beneficiaries. In these areas most families relied on only rice or pulses for their daily meal, while selling away most of the vegetables. The trend is changing now, with vegetables becoming an inclusion in every day diet. This is also encouraging growing of more vegetables locally.

6.1.) Type of Intervention: Mask, Sanitiser, Soap Distribution for COVID safety.

a. More than 500 persons have been provided with masks and hand soaps. Sanitizers have been provided at different institutions such as schools and meeting venues. Specially designed double layered mask with ERM - Swadhina printed on it have been distributed among the beneficiaries.

b. To encourage usage of masks, soaps and sanitizers special flex banners have been displayed at different public places.

c. Students especially have been guided on the proper way of wearing the mask and disposing them when not in use.

6.2) Output: The interventions have resulted in the following output:

a. COVID safety protocols are being strictly followed at these areas. No young children or those stepping out are without their masks. In areas where access to masks and soaps was limited earlier, it has been possible for the local people to get access to those because of our actions.

b. All the programs during this period were conducted only if there were masks. Handwashing before and after starting of the program was mandatory. Schools are also strictly adhering to this rule.

Overall results of the intervention:

- * Improved access to clean and safe drinking water with special 'safe water' zones.

- * More number of tubewells for supply of fresh drinking water.

- * No cases of COVID related complications reported in the current days of the Omicron variant in the working area.

- * 99.9% coverage of eligible people under the vaccination program

- * Good collaboration and coordination ensued with local government representatives and local health workers, opening up scope for active work in near future as well.

- * Families are resorting to better balanced food than earlier with inclusion of different types of vegetables and fruits.

- * Improved health of children due to consumption of wholesome Nutrimix. Less incidences of poor baby weight reported by the Health Workers.

- * Young girls are openly talking about menstrual health and have embraced home-prepared clean cloth sanitary pads instead of traditional used and dirty rags.

The project successfully achieved the intended objectives :

a. There has been a definite improvement in the behavioral practices related to safe drinking water, especially in bringing awareness among the children who would be the future representatives of the society. The fact that the students could beautifully express their ideas

on safe drinking water is a witness to the improved level of awareness. They are aware of good practices related to safe drinking water and are practicing the same.

b. Due to monitoring and vigilance, there has been a visible improvement in the access to safe drinking water for all the villages. With the cooperation of local government, it has been possible to make arrangement for fresh and safe water sources at different areas.

c. The interventions have been highly successful in enhancing COVID-appropriate behavior . Not only is there an improved level of consciousness but the awareness has ensured nearly negligible occurrence of COVID cases in the area since inception.

d. A drastic change has happened with regard to menstrual health. The programs have helped break the chain of taboo continuing for generations. Women are no longer shy to discuss on this topic. For the first time young girls are discussing about making sanitary napkins as an option to traditional system of using old, dirty, torn clothes.

e. Co-relating the need for good nutrition as a safeguard against COVID, it has been a successful intervention to relate good nutrition with better immunity. There is a marked enhancement in food habits, with families now opting for growing and eating more vegetables and giving Nutrimix to children and pregnant women. 'Nutrimix' has emerged as an excellent low-cost nutrition supplement for all as against the costly health drinks available in the market. It has also opened avenues for possibility of marketing these.

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Project Guidance and Administration: Mahesh Nair

EK SAKSHAM KAL (AN EMPOWERED TOMORROW)

Advocating Empowerment of women for a better tomorrow

Swadhina is conducting the youth empowerment programme with thematic and financial support from ILC under the Global Youth Leadership Programme in the remote pockets of Jharkhand in India. The project commenced in January 2022 and is still continuing. This document highlights some of the key achievements of the project:

DIGITAL EMPOWERMENT OF YOUTH, & YOUNG WOMEN:

Digital Trainings: Series of digital trainings for youths are being conducted by Swadhina volunteers in small pockets for youth and young mothers. The participants learn about importance of digital literacy for self-development and submission of online application for government schemes. So far 120 youths have been covered under the program



Glimpses from Digital Literacy Training

Digital Saksharta Mission: Swadhina is helping promote Digital Saksharta Mission, a scheme of Central Government, under which women are being registered in online portal. They are being trained locally and on successful completion of the training, participation certificates will be given which they can use elsewhere for livelihood promotion. Swadhina aims to cover about 500 women and youths in the first phase.

INTERACTIVE SESSION WITH EXPERTS AND SPECIALISTS THROUGH OFFLINE AND ONLINE MODE:

Interactive session with Village Leaders and Government Officials: An interactive session with government officials and local body leaders was held on 19th February 2022. Topic of discussion was “Empowerment of Women and Youth through accessing Government schemes”. Total number of participants was 75. Government officers and local body leaders spoke to the participants about different available government schemes and documents to needed to access those etc. Many participants voiced the problems they face.



Public Meeting with Field-level Panchayat Leaders

Interactive session on land of commons based livelihood: An interactive meet with local leaders, experts in the village and the local women was organized on 26th of March, 2022 at Chirudih village in Patamda. A detailed discussion was held on the challenges of seeking livelihood opportunities through land-based actions. Altogether 45 participants, including 41 women were present on this occasion.



Interactive Meet on land of commons based livelihood

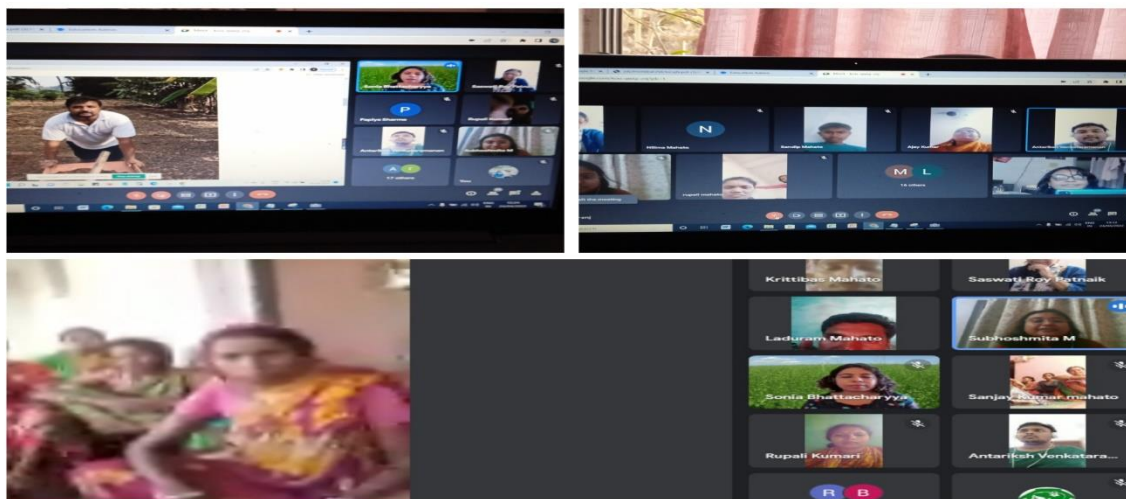
Interaction with Panchayat Leaders during Gram Sabha Meets: Swadhina lead members and WRC volunteers took part in village-level Panchayat meets to put forward issues on applications on access to Forest Land for the indigenous families in the region. The discussion with the local Panchayat leaders helped to put forward the needs to look into

pending applications as a part of the resolution. Local government (Panchayat) leaders too promised to extend their whole-hearted support in this regard.



Interaction with various Panchayat Leaders

Webinar for Rural Youth: An online orientation was organised on 24th April 2022 where rural youth learnt about Sustainable agriculture and Accessing Government Schemes. It provided them opportunity with experts from the relevant fields like Dr Subhoshmita Mondal and Ms Sonia Bhattacharya. This was the first experience of the rural youths and women to attend a webinar and interact with urban experts. Among the 56 participants, 36 joined collectively as different groups using a single device. The session was well appreciated by all participants. More such sessions have been planned in the coming days.



Webinar for Rural Youth

E-WOMEN'S RESOURCE CENTRES:

Two E-Women's Resource Centres have been established. Digital equipment procuring process is completed. These centres are functioning as Mahila Sansadhan Kendras (E-Women's Resource Centres). The centres play a crucial role in conducting village level meets to organise rural women and youth.



E-Women's Resource Centers

ORGANIZE WOMEN AND YOUTH VOLUNTEERS:

Village level meets: These meets have been crucial for creating awareness at the grassroots about the different government schemes. These meets successfully disseminate information

about schemes and collection of data on schemes accessed and to be accessed. In such meets, list of women/youths/families who want to access different schemes is prepared.



Village-level Meets

Accessing Government Schemes: Under initiative of Swadhina E-WRC, forms of government schemes have been filled up and successfully submitted. Most of the applications have been approved. Schemes applied for are Widow pension, Old age pension, Job card for 100 days work, Animal rearing scheme, PM Awas Scheme (Housing), Ambedkar Housing Scheme, Students' Scholarship scheme etc. So far 1303 applications have been facilitated and information has been collated disseminated for 20 types of schemes. Another very important achievement has been the facilitation of tubewell/handpump repairing in the villages. Due to application submission and follow-up, nearly 23 such handpumps have been repaired so far, thus improving access to water for kitchen gardens and family farms of women farmers as well as access to clean drinking water. Youth volunteers have also successfully solved the old approved cases where the families stopped receiving pension before Swadhina intervention due to technical issues about which they were unaware. Our volunteers have sorted out those glitches and the affected families would soon start receiving their money.



*Several schemes have been successfully implemented.
News covered in local newspapers*

PUBLICATION OF BOOKLETS AND MANUALS:

Chitrakatha, a booklet in simple language on different laws is being used at the village level meets. Two banners in simple language developed and currently in use to motivate villagers to access government schemes.

Publication of Booklet in simple local language on Land and Laws and Cartoon booklet on Land Registration process is being documented now. Soon those will be available for grassroots use.

Flex banners, highlighting the need for digital empowerment and how it may help and support the women and youth to access government schemes on land, job and housing have been prepared. These are displayed during the awareness meets and trainings.



Flex Banners for Awareness Generation

THEIR STORIES:



* **Menoka Mahato** a 32 year old widow from Hurumbil village had suddenly lost her husband. She was in deep distress after the sudden accidental death of her husband three years ago. She has two sons – 10 years and 6 years old. She was encouraged to apply for Widow pension which is now approved. Now she gets a monthly pension of Rs.1000/-. She has used this money to ensure farming in her plot of land and has been able to continue education for her children.

* **Puspa Mahato**, is a 21 year of girl from Chirudih village. Her father is a daily wage

earner and mother earns some money from goat rearing. She has three sisters and a brother. She was one of the participants of Digital training conducted by Swadhina at Chirudih village to be a volunteer. They direly needed a house. Through Swadhina's initiative her family had applied under Prime Minister's Housing Scheme. They have now



got their house.

* **Sanjay Mahato** is a local youth from Kulthikri village. He had been an active participant in the digital empowerment trainings of Swadhina. Being motivated through the trainings and webinars, he has now enrolled and undergoing training of the Digital Saksharta Mission program run by the government of Jharkhand. Currently unemployed, this will give him scope to find work under digital literacy.



* Much of the success of the programs has been due to the enthusiasm of the youth

trainer is young **Sandip Mahato**. Fresh Sandip diligently trains village women making them digitally literate. He also them in filling up the online forms and detailed report on those in his computer to see many more such active youths changes in every remote region.

PROJECT GUIDANCE: Mahesh Nair / Saswati
PROJECT COORDINATION: Antariksh V/ Sonia



trainers. One such out of high school, and other youth – actively helps also maintains a system. We hope bringing emphatic

Roy Patnaik
Bhattacharyya (Hon)